

COURSE OUTLINE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	L201	SEMESTER	B
COURSE TITLE	INDIVIDUALIZED PHYSICAL CONDITION EXERCISE		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>	TEACHING HOURS PER WEEK	ECTS CREDITS	
	3	7,5	
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:	https://eclass.duth.gr/courses/PHYED3105/		

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Course objectives include:

Acquiring knowledge and skills to design and implement a) training units for all physical abilities, b) weekly training plans for athletes who are in the stage of functional reintegration.

Upon successful completion of this course students will be able to:

- design and implement effective endurance, speed, agility and strength training units for athletes based on their individual needs.
- structure weekly training plans for athletes in the functional reintegration phase
- design and implement training units based on scientific data

General Skills

Name the desirable general skills upon successful completion of the module

*Search, analysis and synthesis of data and information,
ICT Use*

*Adaptation to new situations
Decision making*

Autonomous work

Teamwork

Working in an international environment

Working in an interdisciplinary environment

Production of new research ideas

Project design and management

Equity and Inclusion

Respect for the natural environment

Sustainability

Demonstration of social, professional and moral responsibility and sensitivity to gender issues

Critical thinking

Promoting free, creative and inductive reasoning

The general skills that are supported involve:

- Search, analysis and synthesis of data and information, using appropriate ICT
- Adaptation to new situations
- Decision making
- Autonomous work
- Teamwork
- Working in an interdisciplinary environment
- Project design and management

- Critical thinking
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

1. Planning strength programs – Daily weekly plan
2. Designing strength programs – Periodization
3. Eccentric strength training
4. Designing endurance training programs
5. Planning special endurance training programs
6. Planning speed-agility training programs
7. Planning flexibility training programs
8. Training unit design
9. Planning a weekly training plan
10. Upper extremity strengthening exercises
11. Lower extremity strengthening exercises
12. Designing core strength programs
13. Strengthening with complex multi-joint exercises

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	<ul style="list-style-type: none"> - Face to face - Theoretical lectures & Laboratory courses - Distance learning 	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Utilization of new technologies in teaching, laboratory education and communication with students	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Activity	Workload/semester
	Lectures	39
	Field exercise	35
	Literature study and analysis	32
	Project	35,5
	Study of digital material	43
	Examination	3
	Total	187,5
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	<ol style="list-style-type: none"> 1. Interim evaluations 2. Individual project 3. Written exams including: multiple choice tests, short answer questions <p>The assessment languages are Greek</p>	

5. SUGGESTED BIBLIOGRAPHY

1. Fatouros I. and Chatzinikolaou A. (2011). Weight Training: Execution, Teaching, Safety and Organization of Exercises. Telethrion. ISBN 978-960-8410-97-8
2. Delavier F. (2012). Training to Increase Muscle Strength: Functional Anatomy of Muscle. BROKEN HILL PUBLISHERS LTD. ISBN 960-399-740-4
3. Baechle T. R., Earle R. W. (2009). Basic principles of resistance training. BROKEN HILL PUBLISHERS LTD. ISBN 960-399-924-5

4. Tudor Bompa and Gregory Haff (2009). Periodization. Theory and Methodology of Training. Human Kinetics. ISBN 9780736074834

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Ilias Smilios, Athanasios Chatzinikolaou
Contact details:	achatzin@phyed.duth.gr
Supervisors: (1)	Ilias Smilios, Athanasios Chatzinikolaou
Evaluation methods: (2)	Written examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
Implementation Instructions: (3)	<p>The examination in the course will take place in subgroups of users in the e-class, depending on the number of participants in the course, on the day of the examination of the course according to the examination schedule announced by the Secretariat. The exam will take place via Teams.</p> <p>The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have been informed of the distance education terms.</p> <p>Students must log in to the exam room through their institutional account, otherwise they will not be able to participate. They will also participate in the examination with a camera which they will have open during the examination. Before the start of the exam, students will show their ID to the camera so that they can be identified.</p> <p>Each student should answer multiple choice tests and short answer questions. Each of the questions is scored from 0.5 to 2.0 points depending on the question category.</p>

(1) Please write YES or NO

(2) Note down the evaluation methods used by the teacher, e.g.

- *written assignment* or/and exercises
- written or oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.

(3) In the **Implementation Instructions** section, the teacher notes down clear instructions to the students:

a) in case of **written assignment and / or exercises**: the deadline (e.g. the last week of the semester), the means of submission, the grading system, the grade percentage of the assignment in the final grade and **any other necessary information**.

b) in case of **oral examination with distance learning methods**: the instructions for conducting the examination (e.g. in groups of X people), the way of administration of the questions to be answered, the distance learning platforms to be used, the technical means for the implementation of the examination (microphone, camera, word processor, internet connection, communication platform), the hyperlinks for the examination, the duration of the exam, the grading system, the percentage of the oral exam in the final grade, the ways in which the inviolability and reliability of the exam are ensured and any other necessary information.

c) in case of **written examination with distance learning methods**: the way of administration of the questions to be answered, the way of submitting the answers, the duration of the exam, the grading system, the percentage of the written exam of the exam in the final grade, the ways in which the integrity and reliability of the exam are ensured and any other necessary information.

There should be an attached list with the Student Registration Numbers only of students eligible to participate in the examination.